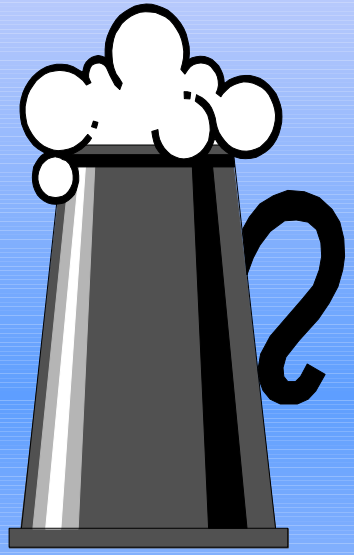
Alcohol
!

WHAT IS ALCOHOL



A DEPRESSANT THAT SLOWS DOWN THE CENTRAL NERVOUS SYSTEM AND THE BRAIN

Alcohol

Affects any age, sex, socio-economic group, race, religion, ethnicity- it does not discriminate.

Standard Alcohol Dri

12 ounces of beer

1.5 ounces of 80 proof distilled spirits

5 ounces of wine

VHAT IS AN ALCOHOL PROBLEM

ny type of condition
caused by drinking

Can harm the drinker
directly

opardizes the drinker's well bei
Or places others at risk

ARLY SIGNS OF AN ALCOHOL PROBLEM

Alcohol a significant part of Social/interpersonal activities

Frequent Intoxication

Heavy or regular alcohol Consumption

Legal Problems

TYPES OF ALCOHOL PROBLEMS

BINGE DRINKING

ALCOHOL ABUSE

ALCOHOL DEPENDENCE

HOW DOES IT DEVELOP

Stress

Depression

Environment

Escaping Realit

Marital problems

Work Problems

BINGE DRINKING

Consuming a large amount of ohol in a very short amount to ti

Five or more drinks at one sitting for males

Three or more Drinks at One sitting for females

Symptoms of Binge Drinking

Having trouble with authorities

Hangovers experiencing injuries

Damaging to property

More incidents of assaults

Alcohol Abuse

Regular usage that is turning into dependency

Can also be Binge Drinking

Alcohol Related consequences

Continue drinking despite knowledge drinking causes

ALCOHOL ABUSE SYMPTOMS

Neglect of Responsibilities

Legal difficulties

Alcohol Consumption in physically dangerous circumstances

Drinking and driving

Drinking while pregnant

Alcohol Dependence

Most severe type of Alcohol problem

Referred to as ALCOHOLISM

Recognizable symptoms

Chronic and Often progressive

ymptoms of Alcohol Dependen

Cravings → **Strong need or compulsion to drink**

mpaired Control → **Inability to limit ones drink**

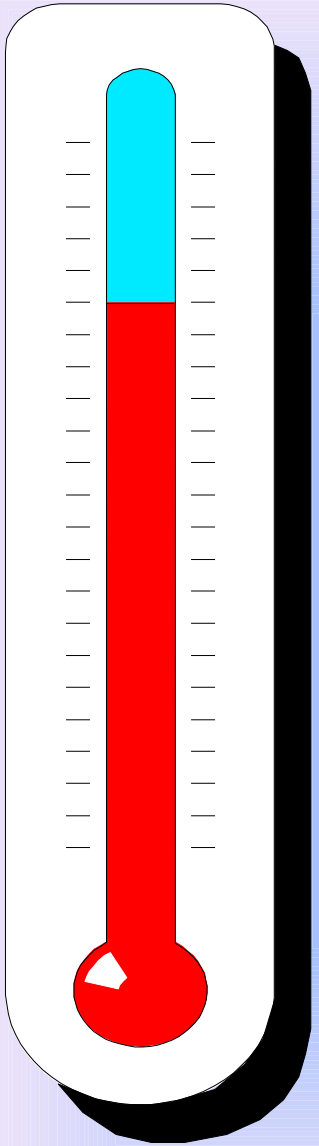
Tolerance → **Need for increasing amount of alcohol**

ALCOHOL Changes Perceptions/Focus

Things seem a lot worse than they really are

ALCOHOL Shortens Our Fuse

DECISIONS are made Quickly, without thought of Consequences



ALCOHOL is a Mood Intensifier

Angry - You get Angrier

Depressed - You get More Depressed

Sad - You get Sadder

ALCOHOL ABUSE

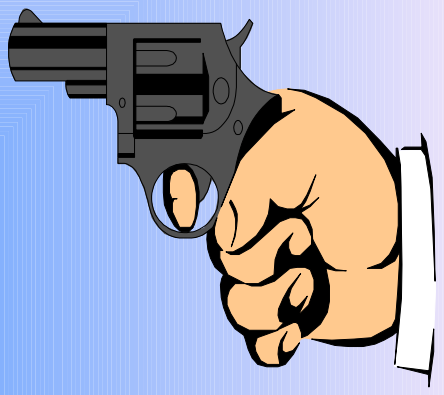
Increases the Potential for VIOLENT BEHAVIOR

affects our BRAIN our THINKING

Takes Away Our

Abuse of ALCOHOL

The "Quick Trigger"



QUICK TO RETALIATE

Take Offense

Strike Out

Abuse of ALCOHOL

Creates new problems

Shrinks our resources

Causes problems to grow

Decisions are based on EMOTIONS Not thought or reason

Abuse of ALCOHOL

ncreases the potential For uicide attempt/gesture

Alters our PERSONALITY

Changes our ATTITUDES and VALUES

Causes us to be UNPREDICTABLE

Alcohol and violent behaviors

Assault & Battery = 62%

Domestic Violence = 14%

Manslaughter = 68%

Rape = 42%

% of convicted violent offenders repo
drinking at the time or the offense

Remember Alcohol

Can get worse over time (Tolerance/addiction)

Impairs you (even though you don’t realize)

Changes you (you do things you would normally not do)

HOW CAN WE CHANGE THIS?

What's the Solution?

BEFORE ALCOHOL There are Alternatives

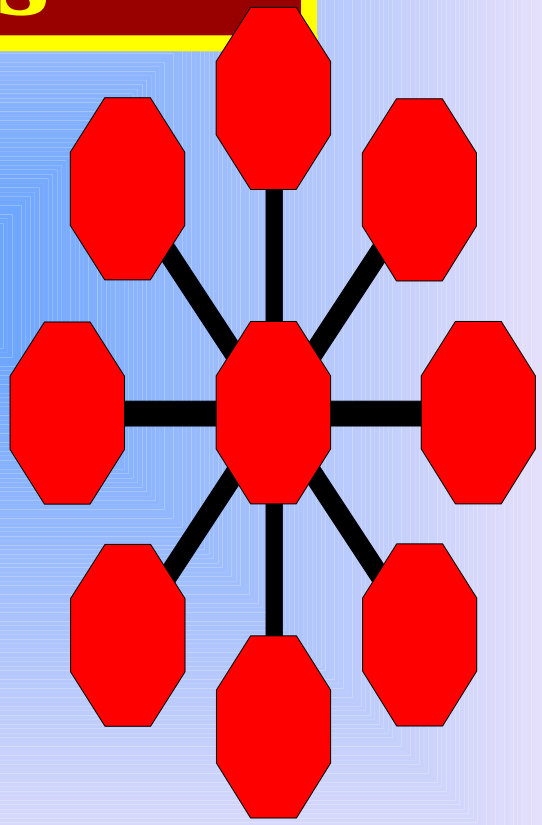
1 - Call a Friend

2 - Take a Walk

3 - See a Professional

4 - Call a Help Line

5 - Do Something



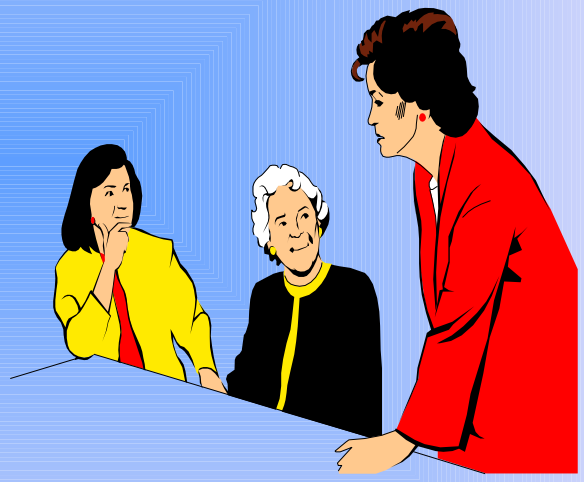
if You Drink, Drink Responsibly.

1. Don’t Drive
2. Don’t Drink Excessively
3. Switch to Non-Alcoholic drinks before trouble

Carrying a World of Stress on our Shoulders

The ARMY Provides Counseling and Assistance with:

- Alcohol & Drug Problems
- Anger & Stress Management
- Family & Marital Problems
- Suicide Prevention



CALL: 791-5797 FOR INFORMATION

Soldiers Take Care of ers

Soldiers Look Out for Soldiers in Trouble: Intoxicated, Angry, Out of Control etc.

People you work with

The happy employee

The greedy employee

The Joker

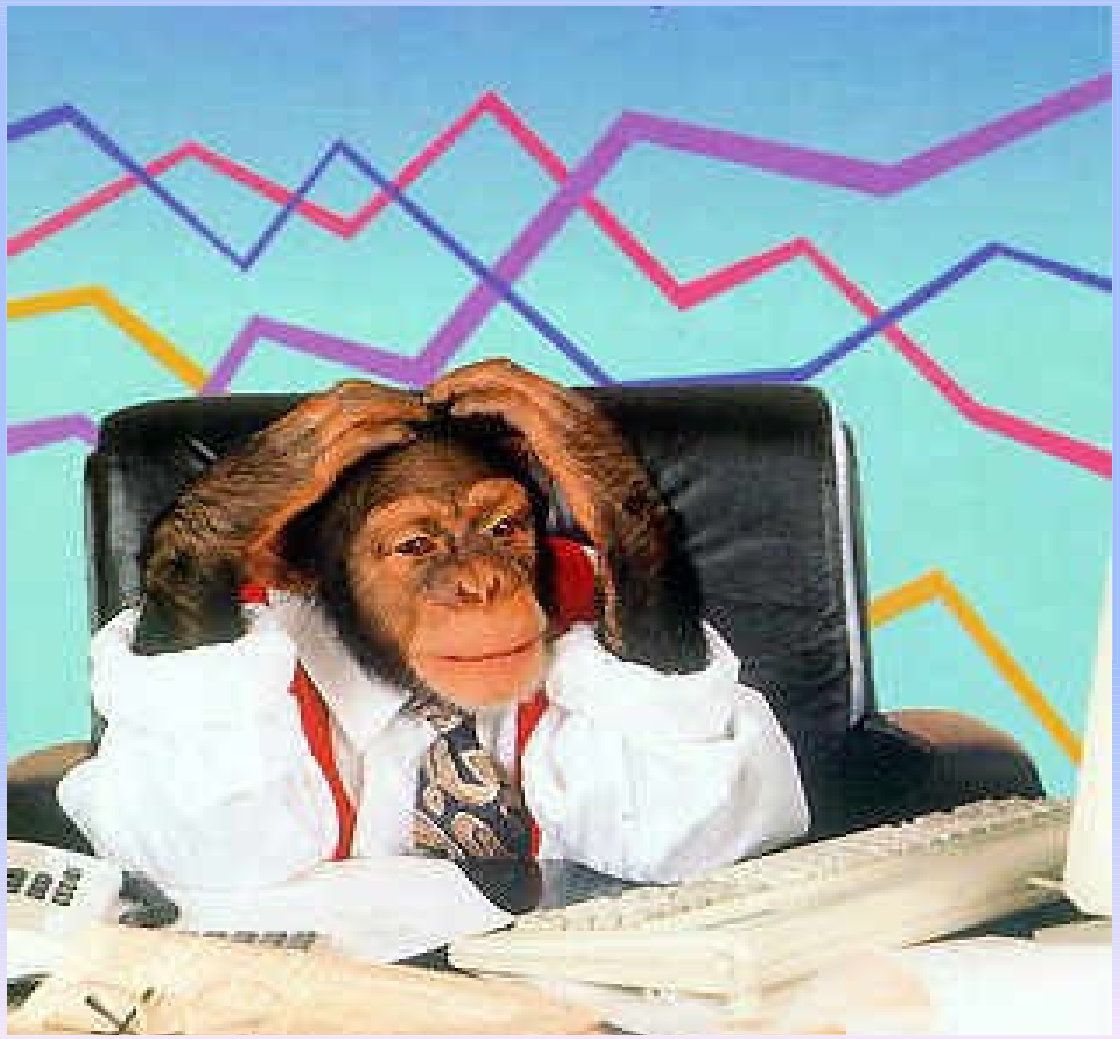
The Leader

The Loud Mouth

The Busy Body

The Disgruntled Employee

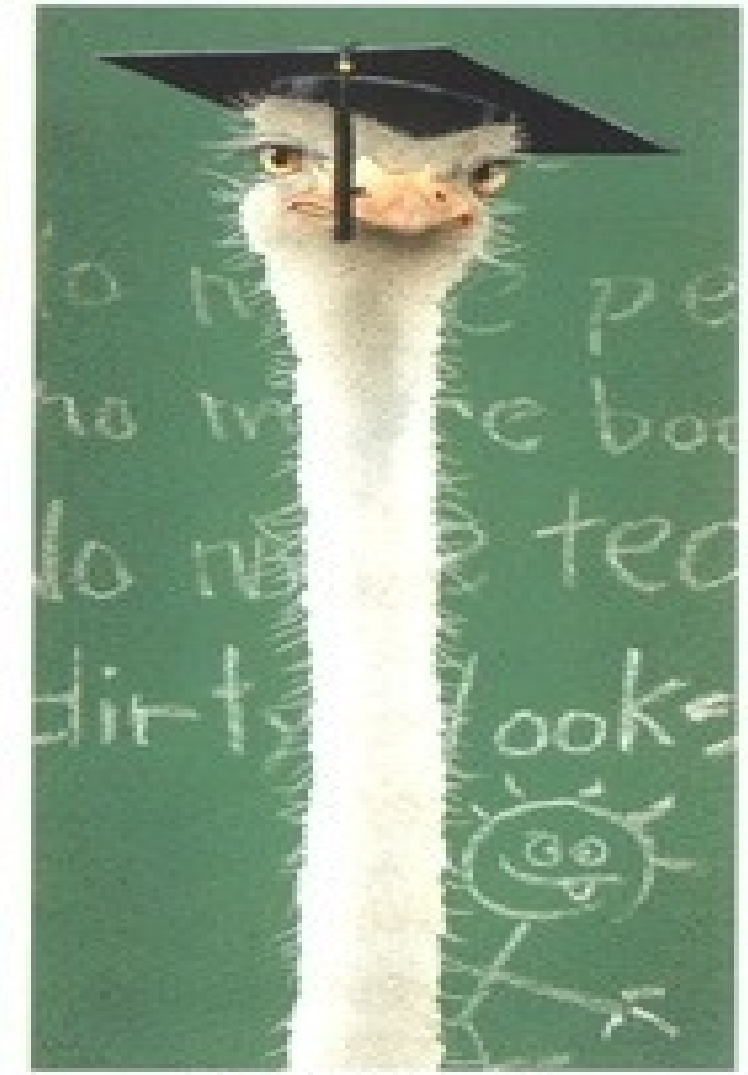
The Informatics Specialist



Keeper of the nuts

The New Guy

The Expert



The Supervisor

The Mole

The Frustrated Employee

And

Tadaaaa

Da BOSS !!!!

Da Boss’ Wife

The Boss’ Kid

The best time of the year

VACATION!

FOR MORE INFORMATION CALL ASAP

791-5797/791-7148